



# Tobacco Prevention Resources

## Tobacco Facts For Youth



### The Effects of Smoking on Health & Performance:

- Damaged respiratory system, increased nicotine addiction, and increased risk of other drug use 1
- Limited performance and endurance during physical activity 1
- Reduced lung growth and level of maximum lung function 1
- Increased chance for coughs and respiratory illnesses 1
- Poorer overall health, and association with mental health problems such as depression 2
- Increased risk of heart disease, stroke, and lung cancer 1
- Heart rate increased by two to three beats per minute faster than nonsmokers 1
- Three times more likely than nonsmokers to have shortness of breath 2

### Smoking Facts:

- Most young people who smoke will continue to smoke as adults 1
- The younger kids start to smoke, the more addicted they become 1
- Spit tobacco is not a safe alternative to smoking 3
- Smokers lose approximately 7 minutes of their life for every cigarette they smoke 3
- Over 40 of the 4,000 chemicals in cigarette smoke can cause cancer. Also found in cigarettes are ammonia (used to clean toilets) and arsenic (rat poison) 3

### Call to Action:

For help in quitting, call the Utah Tobacco Quit Line at 1-888-567-TRUTH  
or visit [utahquitnet.com](http://utahquitnet.com).

1. CDC. Preventing tobacco use among young people---A report of the Surgeon General. 1994.
2. Arday DR, Giovino GA, Schulman J, Nelson DE, Mowery P, Samet JM . Cigarette smoking and self-reported health problems among US
3. High school seniors, 1982-1989. American Journal of Health Promotion, 1995;10(2):111-116.

